



Florida Trail Association

HAPPY HOOFERS HOOPLA

Fall/Winter 2019 Volume 29 Issue 3 www.hoofers.floridatrail.org

The Happy Hoofers Chapter encompasses Broward County.
Monthly Meetings
Second Thursday of every month@7:00 P.M.
Except June/July/August
Fern Forest Nature Center
201 Lyons Road South Coconut Creek, FL 33063



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You can lead the hiker to water – but can you make them drink?

by Kay Ferrara

How do you get hikers to understand the importance of water to the health of their body? Your body depends on water to survive. Every cell, tissue, and organ in your body needs water to work properly. For example, your body uses water to maintain its temperature, remove waste, and lubricate your joints. Water is needed for overall good health.

Some hikers are more concerned about the weight of their backpack than their health. They give up carrying water to reduce the weight of their backpack. Water does have weight (16 fl. oz. is just over a pound). But the benefits far outweigh the weight. And some women don't drink because they don't want to "pee in the woods".

Note: Florida Trail Association requires that for each day hike that a minimum of **64 ounces (2 quarts)** of water is carried by each person. Yes, that comes to approximately 4 pounds of water.

You need to keep the water handy as you hike. Some prefer a hydration pack – others use a bottle. If you use a bottle, carry in it in an outside pocket on the side of the backpack. It is your choice but the point is to have it readily available so that you access as you hike. And it is better to take many smaller sips to continually hydrate rather than chugging water infrequently. But don't overdrink - Stick to drinking about 10 fl. oz. about every 20 minutes and try not to drink more than you sweat.

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PAYING IT BACK TO FERN FOREST - by Kathy Bonvouloir

We are starting up the new season of Florida Trails and The Happy Hoofers. I'm looking forward to all the exciting adventures ahead.



One of the activities that we have every year are our Work Days at Fern Forest. We do invasive plant removal, mostly the *Ardisia elliptica* commonly known as shoebutton ardisia, duck's eye and coral berry, native to the west coast of India, Sri Lanka, Indochina, Malaysia, and New Guinea. It is a prolific reproducer which has made it a successful invasive species in other locations in the tropics where it has been introduced as a garden ornamental. Given ideal conditions, individuals can reach reproductive maturity in 2-4 years in the field and 1-2 years a shade house.

Large adults in bright forested sites have been measured producing up to 400 fruits. However, adults can also successfully set fruit under shady any conditions. Seeds do not have long-term dormancy (i.e. greater than 6 months), however, seedlings and juveniles can survive under very shady conditions for many years. Given enough light, juveniles rapidly develop into reproductive adults. Its berry is readily consumed by both birds and mammals and rapid spread across landscape is possible.

One of the reasons that we do this volunteer work is that is how we pay back Fern Forest for allowing us the use of the hall for our meetings. I would like to take this opportunity to thank all our volunteers from the previous 2018-2019 season.

Bill Allison (1)	Dave Griswold (1)	Dolores Smith (4)	(#) number of work days attended
Rich Ahrens (1)	Robert Grosswald (2)	Karen Smith (2)	
Kathy Bonvouloir (4)	Christine Hajdic (1)	Vera Stein (1)	<u>2019-2020 Work-Days</u>
Rene Bonvouloir (4)	Merit Hajdic (1)	Lynn Thompson (1)	
Kay Ferrara (3)	James Hoyos (1)	Mike Thompson (1)	
Jackie Fisher (2)	Heather Hughes (1)	Barbara Tschimpke (3)	
Dave Franklin (1)	Barb Johnston (1)	Lyndall Urquhart (3)	<u>Schedule</u>
Christine Lee (3)	Patrick Kerr (4)	Dick Ward (1)	December 7, 2019
Paul Maderia (1)	Dan Riefler (2)	Lidia White (1)	January 4, 2020
Beverly Musser (2)	Carmel Severson (2)	Alan Young (1)	February 22, 2020
			March 21, 2020



The Shoebuttons are still winning, but we are starting to make difference. We have four (4) Work Days scheduled for the 2019-2020 season. These Work Days are on Saturdays from 9 am to Noon. I am hoping to see everyone come out for at least one of these work days. We work hard but we are doing so much good.

Replace electrolytes: When you sweat, you lose electrolytes, and if you lose too many, your performance can suffer. If your activity lasts for only an hour or less, this usually isn't an issue, but when you're out for longer it's important to compensate for the loss. Focus mostly on replacing sodium and potassium, but calcium and magnesium are also important. The easiest way to do this is with an electrolyte replacement sport drink. You can buy convenient powders and tablets to pre-mix with water before you head outside or to carry with you while you're out there. Follow the directions on the packaging for mixing and consuming.

Dehydration Symptoms: Don't wait until you notice symptoms of dehydration to take action. Actively prevent dehydration by drinking plenty of water.

Dehydration occurs when the loss of body fluids, usually through sweating, exceeds the amount taken in. Once you've reached the point of feeling thirsty, dehydration has already begun. If you don't counteract this by drinking water, the body will continue to provide signs that it is running low on fluids:

Early signs of dehydration:

- thirst *
- dry mouth
- decrease in energy

*Thirst isn't always a reliable early indicator of the body's need for water. Many people, particularly older adults, don't feel thirsty until they're already dehydrated.

More serious symptoms of dehydration:

- cramps
- headaches
- nausea
- the "umbles" (stumbling, mumbling, grumbling and fumbling)
- dark urine with less volume (note that vitamins like B12 can cause urine to be bright yellow, which may not indicate dehydration)
- decrease in your performance

Life-threatening Complications:

- Heat injury** ranging in severity from mild heat cramps to heat exhaustion or potentially life-threatening heatstroke.
- Urinary and kidney problems.** Prolonged or repeated bouts of dehydration can cause urinary tract infections, kidney stones and even kidney failure.
- Seizures.** Electrolytes – such as potassium and sodium – help carry electrical signals from cell to cell. If your electrolytes are out of balance, the normal electrical messages can become mixed up, which can lead to involuntary muscle contractions and sometimes to a loss of consciousness.
- Low blood volume shock (hypovolemic shock).** This is one of the most serious, and sometimes life-threatening, complications of dehydration. It occurs when low blood volume causes a drop in blood pressure and a drop in the amount of oxygen in your body.

PREVENTION OF DEHYDRATION: The remedy for dehydration is prevention: **DRINK WATER!!!!** It's better to take frequent sips of water rather than chugging larger amounts infrequently. Adding in sport/energy drinks can help restore carbohydrates and electrolytes.

In Memorium:



I am sad to report the passing on one of our dear, Happy Hoofers members. Lori Dillon passed away in Greenville, SC, on September 29, 2019, from complications after a stroke in August. She and her husband, Jim have been members of the chapter since January 1999 until they moved to Greenville, SC.

I met Lori shortly after I joined Happy Hoofers in 2006. She also attended several hikes and chapter meetings in my "early days". I remember her welcoming smile early on when I was still figuring out what the Florida Trail was all about. She always made me feel at home and I was so appreciative of her help.

She helped convince me to go on my first backpack trip. Lori and Mary Halferty were the leaders of the Ladies Weekend in 2010 to Kissimmee Prairie Preserve. She helped me with many of my questions as to what I needed to bring and helped me find things I could borrow for the trip. On the trip, she made the trek look easy and was my cheerleader for the 2.5 mile trek in. Yes, I was a wimp and not destined to be a backpacker. However, she helped make the trip a positive memory.

Fast forward a few years, after my move to Greenville, SC in 2011. We stayed in touch and she mentioned that Paris Mountain State Park (which is in my backyard) to be one of her "happy places". She and Jim had good friends who lived in Greenville and they had spent quite a bit of time here. A couple of years later she announced that they had decided to leave South Florida and move to SC. I was happy to see them here, we got together several times and I introduced her to my Greenville hiking group, in which she became a frequent hiker with the Wednesday group. She was also very involved with the OLLI adult education classes at Furman University.

Though I didn't see her as much as I would have liked to, whenever we saw each other in the carpool parking lot, her smile brought back warm memories from Florida.

Lori's smile won't be forgotten!

by Elizabeth Brown

South Florida Regional Conference

December 13-15, 2019

The FTA South Regional Conference will be held December 13-15, 2019 at the Tanah Keeta Scout Camp in Tequesta, FL. The Loxahatchee Chapter will be hosting the event this year. WazNu and Silent Auction

The Loxahatchee Chapter has planned a great conference that includes a potluck, geocaching and campfire with music on Friday night. Scheduled for Saturday are presentations by Florida Native Plant Society, wood turning demonstration, map & compass demonstration. Plus hikes. Bring lots of CASH (as Credit Cards not usually accepted) for the WazNu raffle and Silent Auction. For a full conference schedule and registration form, go to Loxahatchee chapter website at: <http://loxfltrail.org/conference.html> Walk-ins are welcome.

Upcoming Activities

Participants Code: (MF) Members First-(MP) Members & Public - (M) Members Only
Activity Level Code: (L) Leisure (M) Moderate - (S) Strenuous (LIT) Leader in Training

Thursday 12/12/19	Chapter Meeting Holiday Party & Potluck Fern Forest Nature Center 201 Lyons Rd. South, Coconut Creek, FL 33063 6:45 PM	MP/L	Kay Ferrara 954-609-4727 kayferrara@bellsouth.net
Friday 12/13/19 to Sunday 12/15/19	FTA South Regional Conference Tanah Keeta Scout Camp Tequesta Loxahatchee Chapter Host	MP/L	Kay Ferrara 954-609-4727 kayferrara@bellsouth.net
Sat 12/21/19 to Sunday 12/22/19	Work Hike Big Cypress Preserve Section II at MM 63 Basecamp at Panther Campsite Limit 25	M/S	Larry Alesi 561-445-9251 larrya1049@gmail.com David Denham 305-284-9861 ddenham@consultant.com
Sunday 12/22/19	Day Hike 4 miles Greynolds Park Dade County Limit 25	MP/M	Steve Galla 914-953-2222 steve@stevegalla.com
Friday 12/27/19 to Wed 1/1/20	New Years basecamp and day hike along the Suwannee River Limit 12	MP/S	Mike Thompson 561-290-9984 lamathompson@hotmail.com Lynn Thompson 954-850-3668 ma12thom@bellsouth.net Kathy Bonvouloir 954-234-5657 threebons@aol.com
Sat 01/04/20	Fern Forest Nature Center Work Day Fern Forest Nature Center 201 Lyons Rd. South Coconut Creek, FL 33063 9:00 AM - 12:00 PM	M/M	Kathleen Bonvouloir 954-234-5657 threebons@aol.com
Sunday 01/05/20 & Monday 01/06/20	Meet thru hikers MM63 south side 9-4	MP/L	Lynn Thompson 954-850-3668 ma12thom@bellsouth.net Robert Rockwell 954-242-6786 rockyhic@hotmail.com LIT Carmel Severson 954-383-6354 catsa@bellsouth.net
Thursday 1/09/20	Chapter Meeting Fern Forest Nature Center 201 Lyons Rd. South, Coconut Creek, FL 33063 7:00 PM	MP/L	Kay Ferrara 954-609-4727 kayferrara@bellsouth.net

Friday 1/10/20 to Sunday 1/12/20	Camping, Hiking, Biking Everglades National Park Long Pine Key Limit 15	M/M	Esther Muram 954-658-8386 itailusa@gmail.com Kathy Bonvouloir 954-234-5657 threebons@aol.com LIT David Griswold 786-389-9575 dgriswold2001@hotmail.com LIT Barbara Johnston 954-895-9463 blj512@yahoo.com
Sat 1/18/20 to Monday 1/20/20	Overnight hike Dinner Island Ranch & OK Slough S/F Limit 12	M/S	David Denham H 305-284-9861 ddenham@consultant.com Larry Alesi 561-445-9251 larrya1049@gmail.com
Sat 01/18/20	Nesting Birds from Boardwalk Wakodahatchee Wetlands Park Delray Beach Limit 20	MP/L	Lynn Thompson 954-850-3668 ma12thom@bellsouth.net
Sunday 01/19/20	Paddle Halfway Creek 10 miles Barron River Limit 12	MP/S	Mike Thompson 561-290-9984 lamathompson@hotmail.com Kathy Bonvouloir 954-234-5657 threebons@aol.com Lynn Thompson 954-850-3668 ma12thom@bellsouth.net
Sunday 1/19/20	Day Hike Big Cypress 7 miles Limit 25	MP/M	Steve Galla 914-953-2222 steve@stevegalla.com
Sat 01/25/20	FTA Board & Chapter Council Meeting	MP/L	Kay Ferrara 954-609-4727 kayferrara@bellsouth.net
Friday 01/31/20 to Sunday 02/02/20	3 day backpack to Carlton Reserve Venice, FL Limit 10	MP/S	Mike Thompson 561-290-9984 lamathompson@hotmail.com Kathy Bonvouloir 954-234-5657 threebons@aol.com Lynn Thompson 954-850-3668 ma12thom@bellsouth.net

For a complete list of the activities, please checkout the Happy Hoofers' website at www.hoofers.floridatrail.org, then click "activities".

Chair's Corner



The Florida Trail Association is celebrating 53 years of operation. The organization has gone through many challenges in leadership and financially through the years. A few years ago, the organization went through a rough financial period - staff were laid off and lost its Executive Director. Many adjustments were made administratively to keep it running

Today, it is much stronger financially due to oversight of the leadership and bequests of approximately \$1 million from members received this past year.

The FTA Board has a full slate of Officers and Directors that is moving forward with hiring an Executive Director which will strengthen the organization even more. While Leadership and management are two important duties of an Executive Director they also energize and engage volunteers.

In addition, the FTA office in Gainesville will be moving into a new office next year which will be leased for 10 years. This new office will provide adequate space for current and future staff and supplies. The FTA is getting stronger with a bright future.

Kay Ferrara - Chapter Chair

Chapter's Leadership

Chapter Chair	Kay Ferrara	954 609-4727	KayFerrara@bellsouth.net
Vice Chair	Vacant		
Secretary	Kathy Bonvouloir	954 234-5657	Threebons@aol.com
Treasurer	Esther Muram	954 658-8386	Itailusa@gmail.com
Chapter Council Rep	Kay Ferrara	954 609-4727	KayFerrara@bellsouth.net
Activities	Lynn Thompson	954 850-3668	Ma12thom@bellsouth.net
Trail Coordinator	David Denham	305 667-8643	DDenham@consultant.com
SFWMD	Mike Thompson	561 290-9984	lamathompson@hotmail.com
Big Cypress Addition	Larry Alesi	954 445-9251	LarryA1049@yahoo.com
Seminole Tribe Reserv	Kay Ferrara	954 609-4727	KayFerrara@bellsouth.net
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Programs	Vacant		
Membership	Lynn Thompson	954 850-3668	Ma12thom@bellsouth.net
Editor Hoopla	Elizabeth Brown	954 294-8838	elizabethkbrown2015@gmail.com
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Volunteer Hours	Kathy Bonvouloir	954 234-5657	Threebons@aol.com
Hospitality	Barbara Johnston	954 895-9463	Blj512@yahoo.com
Historian	Robert Grosswald	305 948-2904	RGKayak@aol.com



**WELCOME,
New FTA/Happy Hoofers
Members!**

June – October 2019

Aline Balaguero

Mike Carey

Andrew Cohen

Christine Galanopoulos

Stephen Hamilton

Alan & Joelyn Holdsworth

Alan & Wanda Peistring

Joe Seefried

Membership Information

To become a member of the
Florida Trail Association, you may request a
membership application from one of the members
and make checks payable to

Florida Trail Association and mail to:
Florida Trail Association, 1050 NW 2nd Street,
Suite A, Gainesville, FL 32601
Telephone 1-877-445-3352 / 352-378-8823

OR

Complete an online Membership at

www.floridatrail.org

Florida Trail articles & photos are welcome

Submissions for the next Hoopla are due by January 31, 2020 to HappyHoofers@bellsouth.net

(Please include the names of all people shown in photographs and articles 500 words or less). Editor reserves the right to edit/modify all submitted articles for allowable space.

The FTA Mission

The Florida Trail Association builds, maintains, protects, and promotes the unique Florida National Scenic Trail (Florida Trail), along with a network of hiking trails throughout the state of Florida. Together with our partners, the Association provides opportunities for the public to contribute to meaningful volunteer work, engage in outdoor recreation, and participate in environmental education.

